

# Fit Rez Kids

(Ages: 8 -12)

Calisthenics

Cardio Kickboxing

Resistance Training

Stretching

NUTRITION

**Limited to 12  
participants!**

**Sign up starting  
June 15<sup>th</sup>**

Date	Tuesday, June 21 <sup>st</sup> – Tuesday, July 26 <sup>th</sup>
Time	4:00 pm – 5:00 pm
Location	Salt River Fitness Center – Aerobics room
<b>**CLASS WILL BE ON TUESDAYS ONLY**</b>	

## Join Us!

This class is open to SRPMIC Community Members & Residents youth only.

**Bring your water  
bottle & ready to  
workout!**

In this class participants will learn basic nutrition information on healthy choices for better nutrition provided by Community Nutritionist Specialist.

**Rachel Seepie or  
Fitness Staff**

rachel.seepie@srpmic-nsn.gov  
480-362-7320

Workouts session will be set up with exercise stations; participants will rotate through the stations. Each session will end with stretching. Participants will learn how use the cardio machines in the Fitness Center.

**All parents/guardians must fill out Health History Form &  
Registration Form before child can take part in class. These  
forms can be picked up at the Salt River Fitness Center.**